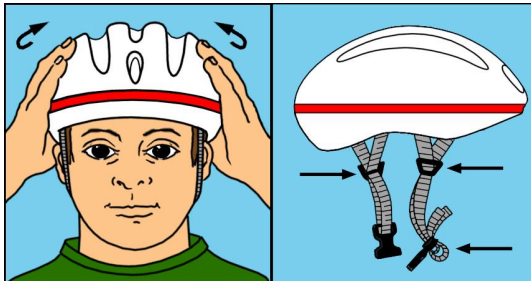


Wear the helmet flat atop your head, not tilted back at an angle!



- Make sure the helmet fits so your head is touching all around comfortably, snug but not tight.
- Make sure the helmet does not block your field of vision and hearing.
- Make sure the chin-strap fits securely and the buckle stays fastened.

### CPSC Helmet Fitting Guide

For more information on riding safety of these non-motorized equipment and injury prevention, contact the Los Angeles County Department of Health Services, Injury and Violence Prevention Program at (213) 351-7888 or visit the IVPP website at [<http://lapublichealth.org>].



COUNTY OF LOS ANGELES  
DEPARTMENT OF HEALTH SERVICES  
**Public Health**



What do Scooters, Skateboards and In-line Skates have in common in California?

A "Helmet", if you want to avoid a ticket and risk of injury

### California Helmet Law

On January 1, 2003 a new law came into effect to further help protect youth under the age of eighteen by requiring approved safety helmets for those riding scooters, skate boards, and skates in the state of California. Existing California law already required approved helmets for bicycle riders under the age of eighteen, however this new law helps to protect other youths from serious head and facial injuries while riding scooters, skateboards, and skates as well.

Los Angeles County, Department of Health Services  
Injury & Violence Prevention Program  
3530 Wilshire Boulevard, Suite 800  
Los Angeles, CA 90010  
(213) 351-7888  
[www.lapublichealth.org](http://www.lapublichealth.org)

## Injuries Among Youth

In 2000, skateboard-related injuries alone resulted in over 50,000 emergency room visits and 1,500 hospitalizations in the U.S., according to the American Academy of Pediatrics. Reports are similar among scooter-related injuries as well, where the U.S. Consumer Product Safety Commission (CPSC) reported over 40,500 emergency room visits.

In Los Angeles County during 2001 and 2002 nearly 100 youths under the age of 15 were treated for scooter related injuries, with most injuries to the head and facial area. The new versions are made of lightweight aluminum with small, low-friction wheels and are capable of reaching high speeds. In a crash, many who are not prepared developmentally to handle these high-tech scooters, are generally launched over the handlebars, resulting in serious head injuries, as well as injuries to the wrists, arms, and legs.

The CPSC estimates approximately 250,000 emergency room visits each year when combining injuries from

scooters, skateboards, and in-line skates. Approximately 85% of these injuries are sustained among children under the age of 15 years.

### Protective Gear

Studies suggest the proper use of helmets while riding a scooter could reduce brain injuries by 85 percent. Helmets are mandatory in all youth baseball leagues and in other youth sports such as football and hockey, this new law will further protect youths while using scooters, skateboards and in-line/roller skates.

#### RECOMMENDED PROTECTIVE GEAR

##### **SCOOTER**

- ☐ Helmet
- ☐ Elbow & Knee Pads

##### **SKATEBOARD**

- ☐ Helmet
- ☐ Elbow & Knee Pads
- ☐ Wrist Guard

##### **IN-LINE & ROLLER SKATES**

- ☐ Helmet
- ☐ Elbow & Knee Pads
- ☐ Wrist Guard

Protective gear, such as helmets, elbow and knee pads, and wrist guards are

highly recommended by the CPSC. When worn properly this protective gear can significantly reduce the number and severity of injuries to the rider of scooters, skateboards, and in-line and roller skates.

### What to Look For in Protective Gear

When shopping for protective gear, the Los Angeles County Injury and Violence Prevention Program (IVPP) and CPSC recommend the following:

- A helmet approved by the American Society for Testing and Materials (ASTM) and CPSC. Look for the sticker inside the helmet.
- Choose white or a bright color so motorists and other cyclists to see you more easily.
- Avoid a helmet with points sticking out, a squared-off shell, inadequate or excessive vents, dark colors, thin straps, complicated adjustments or a rigid visor that could snag in a fall.
- Call the CPSC to make sure your helmet has not been recalled. CPSC Consumer Hotline: (800) 638-2772
- Look for comfort, function and design when selecting any protective gear.
- Before buying a helmet make sure it fits properly by following the tips in the **CPSC Helmet Fitting Guide**